

TIMED TASK CARDS



INTENTION

These 'Timed Task Cards' can be used to encourage students to **focus** on a specific task during a set **timeframe**.

The cards can be beneficial in helping children practice keeping their **attention**, as well as allowing you to monitor how fast the child can complete a task, or how long they can continue a task.

TIMED TASK CARDS

Instructions

1. Print sheets [1](#), [2](#) and [3](#).
2. A box has been left blank on the last page to include a task of your own if you choose.
3. Laminate these cards so you can use them frequently.
4. Cut out all 18 task cards and place them into a pile.
5. Distribute stopwatches or set a timer on a screen.
6. Students take turns completing the task on each card.

Notes

- You may choose to have students complete the tasks in pairs, small groups, or as a whole class.
- If completing the activity as a whole class, sit the students in a circle with the cards in the middle of the circle and have the students take turns pulling a card from the deck.
- The last slide includes three [countdown timers](#). You have the option of displaying the 10-second, 30-second or 60-second timer.
- The clock icon  in the top right-hand corner of the cards indicates that the activity requires a timer.
- A number of tasks have been included that don't require a timer. These have been incorporated to enable everyone to feel comfortable participating.
- 'Spot the difference' requires students to view [Picture 1](#) and [Picture 2](#). You may choose to print these for students to view, or display them on a screen. A slide containing [both pictures](#) next to each other on one screen is for students to view simultaneously. The [10 answers](#) are revealed on the following slide.
- The Auslan Alphabet task requires students to have access to the [Auslan](#) graphic. You may choose to print these for students to view, or display them on a screen.
- Students may use the [Record Sheet](#) to track their times. There are 10 columns in the table as there are 9 timed task cards, plus one blank card.

TIMED TASK CARDS

Sheet 1



1 - Rapid Fire

In 30 seconds, say as many words that start with one letter as you can.

Optional: restrict the words by category (e.g. fruit, transport, names).



2 - Backwards in Time

Say the days of the weeks, or the months of the year, in backward order as fast as you can. Repeat!

If playing with a partner use a stopwatch to see who can go the fastest.



3 - Alphabet Skipping

Time how long it takes you to recite the alphabet while skipping:

- all of the vowels
- every 3rd letter
- any letter that rhymes with tree



4 - How Many can you Name?

Choose a category and your partner has 10 seconds to name as many things in that category as possible.

Categories can be general (e.g. 'animals') or more specific (e.g. 'animals with no teeth').



5 - Silly Sentences

Partner A chooses 5 random letters. Partner B comes up with sentences in which each word starts with the designated letter.

For example SBTNB. Sadie bought three new books. Partner B has 10 seconds to create a sentence.



6 - Human Thesaurus

Choose a simple word like 'said'.

Think of as many synonyms as you can in 20 seconds. For example: spoke, yelled, whispered, questioned, suggested.

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Sheet 2

7 - Spot the Difference



Look closely at picture one.
Now carefully inspect
picture two.
Can you spot all 10
differences between the
2 pictures in 5 minutes?

8 - Count Backwards



Time how long it takes you to
count backwards from 100

1. by 3.
2. skipping any number that
ends in 0.
3. skipping any number with a 7
in it.
4. only using numbers that can
be divided by 5.

9 - Auslan Alphabet



Time how long it takes you to
sign the Auslan alphabet.



10 - What's Missing?

Place 5-10 items on the table
in front of you.
Have your partner try to
memorise the items for 10
seconds. While their eyes are
closed, remove 1-3 items.
After opening their eyes, your
partner tries to remember
what items are missing.

11 - Finger Gym

1. Make two fists with your
wrists facing you.
2. Extend your thumb on
one hand and your
pinkie on the other hand.
3. Alternate those fingers.
4. Repeat as fast as you
can.

12 - "Repeat After Me"

Have a partner repeat after you.

The trick is to start with a predictable
sequence (1, 2, 3) and then follow on with
random numbers/letters.

- 1 2 3 4 9 1 8 4 6 17
- 7 8 9 13 6 43 2 19 25 34
- 20 21 22 7 16 76 31 99 1
- a b c d r e h k s v
- m n o p 3 s 9 1 p 7 4 12
- s t u o v 6 e z 2 5 8 h h 3

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Sheet 3

13 - Elevator Breathing

1. Lie on your back, place one hand on your heart and one hand on your belly.
2. Notice your breath and your heartbeat. Is it fast, medium, or slow?
3. Take a deep breath in through your nose. Feel your belly and rib cage rise beneath your hands.
4. As you breathe out, feel your belly and rib cage fall. Do you feel the elevator going up and down with each breath?
5. Start to make your elevator go even slower by making your breath slower.
6. Repeat nine times. Notice your breath and heartbeat. Have they changed?

14 - Memory

In a small group, take turns repeating the sentence "I went to the shops and I bought a...". As each person takes their turn and repeats the sentence, they add an item to the shopping list.

Eg. I went to the shops and I bought a dog. I went to the shops and I bought a dog AND a football. I went to the shops and I bought a dog, a football AND milk...

15 - The "54321" technique

Find or describe:

- 5 objects that you can **see**
- 4 objects that you can **feel**
- 3 things that you can **hear**
- 2 things that you can **smell**
- 1 thing that you can **taste**

right now

16 - Double Draw

With your left hand, continuously draw a circle in the air.

Hold your right hand in the air and draw a triangle at the same time.

Switch sides.

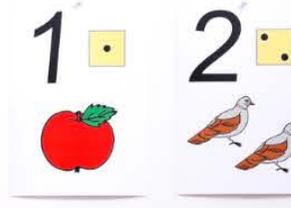
17 - Non-dominant Draw

1. Draw a simple shape with the hand that you normally use to write with.
2. Repeat that shape with your non-dominant hand. Try to get the shape to look similar to the first drawing.

Cc Dd Ee Ff Gg
 Jj Kk Ll Mm Nn
 Qq Rr Ss Tt Uu
 Vv Xx Yy Zz Zz

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj
 Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj

1 x 1 = 1	2 x 1 = 2	3 x 1 = 3	4 x 1 = 4	5 x 1 = 5	6 x 1 = 6	7 x 1 = 7	8 x 1 = 8	9 x 1 = 9
1 x 2 = 2	2 x 2 = 4	3 x 2 = 6	4 x 2 = 8	5 x 2 = 10	6 x 2 = 12	7 x 2 = 14	8 x 2 = 16	9 x 2 = 18
1 x 3 = 3	2 x 3 = 6	3 x 3 = 9	4 x 3 = 12	5 x 3 = 15	6 x 3 = 18	7 x 3 = 21	8 x 3 = 24	9 x 3 = 27
1 x 4 = 4	2 x 4 = 8	3 x 4 = 12	4 x 4 = 16	5 x 4 = 20	6 x 4 = 24	7 x 4 = 28	8 x 4 = 32	9 x 4 = 36
1 x 5 = 5	2 x 5 = 10	3 x 5 = 15	4 x 5 = 20	5 x 5 = 25	6 x 5 = 30	7 x 5 = 35	8 x 5 = 40	9 x 5 = 45
1 x 6 = 6	2 x 6 = 12	3 x 6 = 18	4 x 6 = 24	5 x 6 = 30	6 x 6 = 36	7 x 6 = 42	8 x 6 = 48	9 x 6 = 54
1 x 7 = 7	2 x 7 = 14	3 x 7 = 21	4 x 7 = 28	5 x 7 = 35	6 x 7 = 42	7 x 7 = 49	8 x 7 = 56	9 x 7 = 63
1 x 8 = 8	2 x 8 = 16	3 x 8 = 24	4 x 8 = 32	5 x 8 = 40	6 x 8 = 48	7 x 8 = 56	8 x 8 = 64	9 x 8 = 72
1 x 9 = 9	2 x 9 = 18	3 x 9 = 27	4 x 9 = 36	5 x 9 = 45	6 x 9 = 54	7 x 9 = 63	8 x 9 = 72	9 x 9 = 81



Picture 2



Picture 1

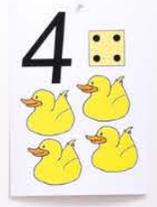
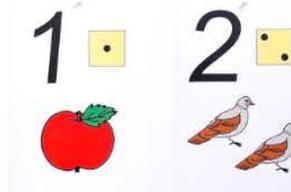


Picture 2

Cc Dd Ee Ff Gg
 Jj Kk Ll Mm Nn
 Qq Rr Ss Tt Uu
 Vv Xx Yy Zz

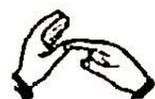
Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj
 Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj

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Answers
 10 differences

AUSLAN ALPHABET



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P



Q



R



S



T



U



V



W



X



Y



Z

COUNTDOWN TIMERS



10

10 seconds



30

30 seconds



60

60 seconds